2009 Health Disparity Fact Sheet American Indians in Colorado



This fact sheet provides information about some of the major health indicators for the American Indian population in Colorado. Like other communities of color, American Indians experience some differences in health, risk factors and behaviors in comparison to other population groups. The data presented show comparisons between the American Indian population and the State's population as a whole and identifies where there are differences. The disparity column shows if the American Indian rate is statistically worse (red), better (green) or the same (white) as the state rate. If it is the same, that means there is no statistically significant difference.

There are about 77,000 American Indians in Colorado, which is a little more than one percent of the State's population. (2007 data, State Demography Office, Colorado Department of Local Affairs)

	Coloradans	All Coloradans	Disparity
Demographics	0 0.01 0 0 0 0 0	7.11 00101000110	2 iopainty
Median household income ¹	\$41,250	\$52,015	Worse
Percent of population living below poverty ¹	24.2%	12.0%	Worse
High school graduation rate ²	58.9%	75.0%	Worse

- The median household income for American Indians is \$10,765 less than the state median.
- Twice as many American Indians are living below the poverty level than the overall state population.
- Fewer American Indians graduate from high school than the state's population as a whole.

	American Indian Coloradans	All Coloradans	Disparity
Maternal Child Health			
Infant mortality (infant deaths per 1,000 live births) ³	5.0	6.1	Same
Low birth weight births ³	10.1%	9.0%	Same
Births to teens ages 15-17 (births per 1,000 population, 2006) ³	22.2	23.7	Same

- Infant death and low weight births are basically the same as the population as a whole.
- American Indian teens have the same birth rate as the state teen birth rate.

	American Indian Coloradans	All Coloradans	Disparity
Health and risk behaviors ⁴			
Cigarette smoking	30.2%	19.1%	Worse
Binge drinking (5 or more drinks in one sitting)	20.1%	16.8%	Same
No physical activity	17.9%	17.7%	Same
Eat fewer than 5 fruits and vegetables per day	68.8%	74.9%	Same
Obese (BMI>=30)	27.2%	18.0%	Worse
Overweight (BMI>=25)	63.4%	54.5%	Same
Mental health was not good 8 or more days (in the past 30 days)	9.7%	11.9%	Same

American Indians are no more likely to exhibit many risk behaviors as the State's population as a whole. They are:

- No more likely to engage in binge drinking.
- Just as likely to eat five or more fruits and vegetables a day and participate in some physical activity.
- More likely to be obese than all Coloradans.
- No more likely to experience poor mental health than the State's population as a whole.

	Coloradans	All Coloradans	Disparity
Health care and access ⁴			
No health insurance	33.7%	16.6%	Worse
Have high blood pressure	21.5%	20.7%	Same
Have diabetes	5.3%	4.9%	Same
Have asthma	9.5%	8.1%	Same

- American Indians are less likely to have health insurance than the State's population as a whole.
- American Indians are just as likely to have been told by a doctor that they have high blood pressure.
- They have similar rates of diagnosed diabetes and asthma as the State's population as a whole.

American Indian

	Coloradans	All Coloradans	Disparity
Infectious Diseases (Incidence rates per 100,000 popula	tion)		
Tuberculosis ⁵	1.5	2.4	Same
Gonorrhea ⁶	22.5	49.9	Better
HIV/AIDS ⁶	12.5	12.8	Same

• American Indians have about the same rate of new cases of infectious diseases as the state population as a whole, although their rate for gonorrhea is less than half that of the rate for the State.

10 leading causes of death ⁷		
American Indian Coloradans	All Coloradans	
Heart Disease	Heart Disease	
Cancer	Cancer	
Unintentional Injuries	Chronic Respiratory Diseases	
Diabetes	Stroke	
Stroke	Unintentional Injuries	
Chronic Respiratory Diseases	Alzheimer's Disease	
Chronic Liver Disease and Cirrhosis	Flu and Pneumonia	
Alzheimer's Disease	Diabetes	
Atherosclerosis (tie for 8th)	Suicide	
Kidney disease	Atherosclerosis	

• The top two leading causes of death, heart disease and cancer, are the same for American Indians as they are for the State's population as a whole. Diabetes is ranked fourth for American Indians, but 8th for the State. Liver disease and kidney disease are in the top 10 causes of death for American Indians, but not for the state as a whole. Flu and suicide are both in the state's top 10 causes of death, but are not for the American Indian population.

For more information or for a copy of the full 2009 Health Disparities Report, go to www.cdphe.state.co.us/ohd
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¹ American Community Survey, 2006 (tables \$1903 and \$1701)

² Colorado Department of Education, 2007

³ Vital Statistics, 2002-2006, Health Statistics Section, Colorado Department Public Health and Environment

⁴Behavior Risk Factor Surveillance System, 2004-07, Health Statistics Section, Colorado Department Public Health and Environment

⁵ Tuberculosis Program, 2002-06, Disease Control and Environmental Epidemiology Division, Colorado Department of Public Health and Environment

⁶ STI/HIV Section, 2002-06, Disease Control and Environmental Epidemiology Division, Colorado Department of Public Health and Environment

⁷ Vital Statistics, 2002-2006 age adjusted rates, Health Statistics Section, Colorado Department Public Health and Environment